

# Online Health Promotion Resources



## General Health Information

[www.vnh.org](http://www.vnh.org)  
[www.mediclineplus.gov](http://www.mediclineplus.gov)  
[www.nih.gov/health](http://www.nih.gov/health)  
[www.dhhs.gov](http://www.dhhs.gov)  
[www.health.gov](http://www.health.gov)

## Sexual Health & Responsibility

[www.cdc.gov/nchstp/dstd/dsttdp.html](http://www.cdc.gov/nchstp/dstd/dsttdp.html)  
[www.ashastd.org](http://www.ashastd.org)  
[www.siecus.org](http://www.siecus.org)  
[www.fhi.org](http://www.fhi.org)  
[www-nchc.med.navy.mil/hp/sharp](http://www-nchc.med.navy.mil/hp/sharp)

## Tobacco Cessation

[www-nchc.med.navy.mil/hp/tobacco](http://www-nchc.med.navy.mil/hp/tobacco)  
[www.tricare.osd.mil/smokeout](http://www.tricare.osd.mil/smokeout)  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)  
[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)

## Stress & Suicide

[www-nchc.med.navy.mil/hp/suicide](http://www-nchc.med.navy.mil/hp/suicide)  
[www.cdc.gov/safesusa/suicide.htm](http://www.cdc.gov/safesusa/suicide.htm)  
[www-nchc.med.navy.mil/hp/stress](http://www-nchc.med.navy.mil/hp/stress)  
[www.suicidology.org](http://www.suicidology.org)  
[www.nimh.nih.gov/publicat/depression.cfm](http://www.nimh.nih.gov/publicat/depression.cfm)

## Military Family Resources

[www.tricareonline.com](http://www.tricareonline.com)  
[www.lifelines2000.org](http://www.lifelines2000.org)  
[www.usmc-mccs.org](http://www.usmc-mccs.org)  
[www.military.com](http://www.military.com)  
[dticaw.dtic.mil/mapsite](http://dticaw.dtic.mil/mapsite)

## Injury Prevention

[www.osha.gov](http://www.osha.gov)  
[www.cdc.gov/niosh/homepage.html](http://www.cdc.gov/niosh/homepage.html)  
[www.dit.ca.gov/dosh](http://www.dit.ca.gov/dosh)  
[www.nhtsa.dot.gov/people/injury](http://www.nhtsa.dot.gov/people/injury)  
[www.safecycenter.navy.mil](http://www.safecycenter.navy.mil)

## Nutrition & Weight Management

[www.eatright.org](http://www.eatright.org)  
[www.aahpncd.org](http://www.aahpncd.org)  
[www.usda.gov/cnpp](http://www.usda.gov/cnpp)  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)  
[www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)

## Substance Abuse

[navdweb.spawar.navy.mil](http://navdweb.spawar.navy.mil)  
[www.defenselink.mil/specials/drugawareness](http://www.defenselink.mil/specials/drugawareness)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.health.org](http://www.health.org)

## Southwest Region Force Health Promotion Guide

# FHPWG



<http://www.spawar.navy.mil/usn/ncpmu5>

Force Health Promotion  
Working Group  
(FHPWG)

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# Purpose



## Mission

To optimize population health among Southwest (SW) Region Sailors and Marines, promoting readiness and well-being.

## Vision

To be the "Go To" resource for Force Health Promotion.

## Background

DoD Force Health Protection doctrine clearly recognizes the need for a healthy and fit force to accomplish its missions. A multitude of health promotion activities has produced similar but uncoordinated programs. This has created lapses, duplication, and various levels of success and implementation.

Members are nurses, physicians, and health promotion professionals from various San Diego shore and sea based Navy and Marine Corps Commands.

# Goals



## The Force Health Promotion Working Group

- ◆ Maximize the use of Force Health Promotion (FHP) programs by identifying, consolidating, and marketing all available Health Promotion resources.
- ◆ Foster an ongoing partnership with individual command FHP (Health Promotion) coordinators.
- ◆ Strengthen the support and involvement of command leadership for FHP initiatives.
- ◆ Conduct ongoing FHP needs assessments.
- ◆ Demonstrate the tangible benefits of FHP initiatives through data collection, analysis, and feedback.
- ◆ Advocate the incorporation of FHP initiatives into command directives and instructions.
- ◆ Be the premier Health Promotion asset for the SW Region.

# FHPWG



We can assist with frequently asked questions such as:

What are the health needs of my crew-how do I conduct a needs assessment?

What programs are available to address the health needs of my command?

How do I decrease lost man-hours due to health related issues?

What are the top three causes for attrition at my Command?

How do I increase retention?

Does my command's health promotion program qualify for the Green H?